

My Chronic Wellness Workbook

Name: _____

DOB: _____

Appointment:

date _____

doctor _____

time _____

location _____

Before Your Appointment

Taking an active role in your care is vital to your well-being and to your success in managing your chronic illness. By preparing for your doctor's visit ahead of time, not only will you feel more satisfied with your care provider, but you will also have a greater measure of control over your health.



REMEMBER: You know your body best. Your doctor is the expert on medicine and diagnosing disease, but you are the expert on YOU!

Items to bring:

- Photo ID
- Insurance card
- Notebook, iPad or smartphone to take notes
- Friend or caregiver as an extra set of eyes and ears
- Co-pay (credit card or cash payment)
- Medical power of attorney
- All blood work done at least 3-5 days prior so MD will have results

Personal information:

Address: _____

Phone: _____

E-mail: _____

Reason for visit: _____

KNOW YOUR RIGHTS:

- Don't be afraid to speak up to question anything that may not be right.
- Be aware of your rights as a patient and exercise them.
- Let your doctor know how you learn best so you can receive information in your learning style (reading, listening, or hands-on).
- Schedule appointment times for first thing in the morning or right after lunch, as the waiting times are likely to be shorter.
- Ask the doctor for a brochure about your condition.

Allergies: _____

Medications and supplements:

Name	Dose	Frequency	Reason	Prescriber

Providers:

Primary care provider: _____

Specialist: _____

Specialist: _____

Specialist: _____

Natural/alternative care provider: _____

Recent test results:

Blood work: _____ Date: _____

X-rays/imaging: _____ Date: _____

Other: _____ Date: _____

Questions to ask:

Priority:

- _____
- _____
- _____
- _____
- _____

Symptom journal:

Symptom	Started	Frequency	Makes worse	Makes better
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				
<input type="checkbox"/> New				

During Your Appointment

Topics to discuss:

- Appetite or nutritional needs
- Balance problems, falls, or dizziness
- Chronic condition management
- Confusion or memory issues
- Diarrhea or constipation
- Feelings of sadness, anxiety, or anger
- Lack of energy or motivation
- Medication and supplements
- Pain, strength, range of motion, or endurance
- Physical activity
- Recovery from recent surgery
- Sleep problems
- Urine leakage or other bladder issues
- Vaccinations or screenings

Notes: _____

After Your Appointment

After your visit, your provider should provide a summary of your discussion, as well as any medication changes, tests orders, or follow-up appointments. Be sure to review the following and ask if there is any part you don't understand.

Checklist:

- List of medications.
- Prescriptions received
- Follow-up appointments
- List of test with results pending
- Obtain copy of test results if not on visit summary
- Talk with doctor's office about any outstanding test results
- Sign up for patient portal access (if available)



REMEMBER: Federal law allows you to access your health records. You can request a copy, which sometimes costs a small fee, and will be required to present your request in writing and verify your identity to protect your privacy and confidentiality.

Are You Ready to Continue

Healing Chronic Illness on Your Own Terms?

If the strategies you've already tried haven't been working (or if you feel like there is still room for improvement), then there is help available.

To get you started, I want to invite you to take advantage of a **FREE 30-Minute “Listen to Your Body” Strategy Session**. In this phone consultation, I'll **personally** help you gain clarity on your biggest roadblock to healing and then define your unique method to tackle it successfully.

Together we will:

- Uncover hidden obstacles that may be sabotaging your ability to find relief from chronic symptoms such as pain and fatigue.
- Create a clear vision for your health as you begin the journey to take back your life.
- Leave the session renewed, re-energized, and inspired to act immediately so that you can stop feeling like a victim of your diagnosis and start feeling like the master of your own health.



I believe that the secret to success in health coaching lies within the relationship you build – not only with yourself, but also with your coach. Finding one who identifies with your unique struggles and who has experience in navigating the muddy waters of today's health care system can be invaluable on your journey to healing. To see what we can achieve together...

[CLICK HERE to schedule your FREE 30-Minute “Listen to Your Body” Strategy Session.](#)

Meet

Katherine Greene Housh, RN, BSN

I specialize in helping women who are struggling to cope with the social and lifestyle challenges of living with a chronic illness.

My work is about empowering women to take back responsibility for their own health by focusing on self-care.



I received my Bachelor of Science in Nursing from the University of Central Florida in 2007 and my certifications in health coaching from the Wisdom of the Whole Coaching Academy in 2015 and the Health Sciences Institute in 2016. I have also taken graduate classes at the Maryland University of Integrative Health.

My practice is located in Sacramento, California – but I support clients around the world via phone and Skype. I also offer workshops and online coaching programs for individuals and groups.

Change is not easy. Knowing what to do is one thing, but implementing it is something else. It's time to take back control of your health, to put yourself in the driver's seat, and to start calling the shots when it comes to your own health and happiness. It is no longer in your best interests to neglect yourself to care for others. Your very survival depends upon giving your body what it needs to heal and to thrive.

Here is where I can help. After being diagnosed with ulcerative colitis in 2004, I suffered for over four years without relief. After countless medications and hospitalizations, my specialist threatened surgery as the only remaining option. I decided instead to enlist the help of a coach and began making radical lifestyle changes with great success.

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It is a privilege to support you.

Warmly,

Katherine